

Dear General Director Ms Kari Sønderland,

Thank you for your enquiry dated 17.03.2017 about Higher Education programs and trainings for psychologists/clinical psychologist candidates in Hungary.

In this letter we are going to use the following terminology: *specialized clinical psychologist* stands for “klinikai szakpszichológus”, *specialized clinical psychologist candidate* for “klinikai szakpszichológus jelölt” while the term *psychologist* refers to the holder of the qualification “okleveles pszichológus”.

With reference to the questions you sent, please find relevant information as follows:

Concerning your main question “whether the psychologists with a master degree in clinical and health psychology from ELTE, alternatively supplemented with a period of supervised practice, can access and pursue the same profession in Hungary as the authorized psychologists in Norway”, we must note that we do not have a detailed list of the tasks that holders of a psychologist title in Norway are qualified and entitled to carry out. Considering information provided in your enquiry, that holders of a psychologist title (who have already completed requirements of the supervised practice) in Norway are “qualified and entitled to work independently and clinically with patients in the health sector and to provide health services in Norway. They work clinically and have an extensive independent responsibility to diagnose and treat mental disorders in patients” we can assure that the same is true for psychologists with a master degree in clinical and health psychology from ELTE after fulfilling the above mentioned “supervised practice”. The length of the above mentioned “supervised practice” makes the difference between the two educations (since the Hungarian education contains only shorter supervised practice). In the practice of the Norwegian authorities this was supplemented for those with a master degree in clinical and health psychology from ELTE by being licensed for working in the Norwegian health care system, however they got their authorization to use the title of psychologist after fulfilling the one year period of supervised practice in Norway.

(1) *Our initial question is whether other types of psychologists are qualified to work in health care establishments. Can for example a psychologist with a master degree in clinical health care psychology, work in health care establishments without supervision and without being included in (or committed to enter) a postgraduate specialization to become a specialized clinical psychologist?*

As far as the employment regulation of Hungarian health care establishments is concerned, the Hungarian law stipulates that psychologists classified by either of the following three groups are eligible to work in health care establishments:

a) specialized clinical psychologists, or

- b) specialized clinical psychologist candidates who are under the specialization period to qualify as specialized clinical psychologists (under the supervision of a specialized clinical psychologist or psychiatrist), or
- c) psychologists who are committed to enter a clinical psychology specialization training within two years, thus become a specialized clinical psychologist candidate (under the supervision of a specialized clinical psychologist or psychiatrist).

Psychologists with a master's degree in clinical health care psychology who are not clinical psychologists can participate in healthcare-related activities in two cases: as a clinical psychologist candidate, or if they are committed to enter the specialization training within two years. In both cases, they work under the supervision of a specialized clinical psychologist.

(2) *It follows from the national report that psychologists may work in health care establishments. Which part of the health sector does this refer to?*

Psychologists, who can be classified by either of the three groups above, are entitled to deliver health care services in any part of the health sector in Hungary.

In the national report of Hungary, it is also summarized that psychologists who are not specialized clinical psychologists can participate in healthcare-related activities under the supervision of a specialized clinical psychologist or only if they are committed to enter a specialization training within a certain period of time.

(3) *Which concrete tasks, activities and responsibilities are they qualified to perform in a health care establishment?*

Generally speaking, the specialized clinical psychologist profession is regulated by its title (without reserves of activities). The following legislation can be mentioned, which covers the activities and responsibilities of specialized clinical psychologists:

A psychologist/specialized clinical psychologist candidate examines (documents, analyses) the causative factors of psychopathological phenomena, the patterns in their course, and their effects on human actions. A psychologist/specialized clinical psychologist candidate also examines the distinctive features and the development of individual psychological expressions, as well as the underlying mechanism of social situations or group dynamics. Similarly, as defined by the psychotherapeutic professional directive, a psychologist/specialized clinical psychologist candidate conducts psychotherapy under the supervision of a psychotherapist clinical psychologist.

However it must be emphasized that supervision doesn't mean training or any guided activity, but a formal control carried out by the institution.

As it is described in detail in the Amendment No.1 to the Regulation No. 18/2016. (VIII. 5.) of the Ministry of Human Resources "a psychologist with a master specialization in

clinical and health psychology is able to work independently and carry out multilateral and critical analysis in the field of clinical and health psychology, to use practical methods, analytical and intervening procedures applied in clinical and health psychology and to apply basic diagnostic and intervening procedures professionally.”

(4) *Are any of the tasks, activities and responsibilities reserved for each of the groups?*

For psychologists/specialized clinical psychologist candidates, please see point 3. There is no such limitation for specialized clinical psychologists. Except for that, there are no differences.

(5) *Which concrete tasks, activities and responsibilities in the health care establishment are they not qualified to perform?*

Please see above in point (3).

(6) *How independent can they work in a clinical setting? Can they for instance diagnose and treat mental disorders?*

Please see above in point (3).

(7) *Is there any theoretical training in the post graduate specialization towards becoming a specialized clinical specialist? If yes, please provide a short overview of the extent.*

Please find the descriptions of (A) clinical and mental health psychology for adults, (B) clinical and mental health child and adolescent psychology, (C) neuropsychological clinical psychology and (D) applied health psychological clinical psychology clinical postgraduate specializations in the appendix.

(8) *Will a specialized clinical psychologist apprentice gradually be qualified for more tasks, activities and responsibility during the specialization period? If yes, please provide a short overview of when the apprentice can do the different tasks, activities and responsibilities.*

There is no explicit regulation other than those explained at point 3. In practice, supervision is of course very much dependent on the expertise of the clinical psychologist candidate. The more knowledge is obtained, the less and less close supervision is required, but there is no set pathway of how the circle of tasks and activities widens during the candidate period.

(9) *Are holders of diploma from the English speaking master program in clinical and health psychology at the ELTE University, qualified for the same profession in*

Hungary as the holders of the equivalent diploma from the ordinary program for Hungarian-speaking students?

Yes, from a Hungarian point of view, holders of a diploma from an English speaking master program in clinical and health psychology at ELTE University are qualified for the same profession as the holders of a diploma from a regular standard program for Hungarian speaking students.

- (10) *Can all psychologists with the diploma in MA psychology, regardless of which master specialization they have completed, enter the postgraduate specialization to become a specialized clinical psychologist, or it is only psychologists with a master specialization in clinical and health psychology that can enter the postgraduate specialization?*

Holding a master's degree in general psychology is a prerequisite of entering a clinical psychologist postgraduate specialization training. All psychologists with the master's degree in general psychology can enter the postgraduate specialization to become a specialized clinical psychologist. During the admission procedure those psychologists who do have a master specialization in *clinical and health psychology* have an advantage. Those who do not have a specialization in clinical and health psychology are required to complete extra courses in psychodiagnostics and clinical psychology. It is also prerequisite to have a clinical psychologist occupation already at the time of applying for the training and to prove it by attaching a detailed job description containing clinical psychological tasks to the application form.

We hope the above information will be of help to you. In case further clarification is needed, please do not hesitate to contact us.

Yours sincerely,

Appendix

Clinical postgraduate specialization

1. CLINICAL AND MENTAL HEALTH PSYCHOLOGY FOR ADULTS

1.3. Study programme: a 48-months clinical study, includes:

- a)* on-site clinical psychodiagnostic practice
- b)* professional-personality development practice
- c)* clinical psychological supervision
- d)* basic-psychotherapeutic practice
- e)* on-site patopsychology practice in a psychiatric hospital
- f)* clinical psychological practice of psychology applied in fields of medicine
- g)* psychotherapeutic supervision
- h)* six semesters of theoretical training on given subjects:
 - ha)* health promotion, health damaging behaviour, stress theories
 - hb)* introduction to psychopathology, patopsychology and neurology
 - hc)* clinical psychodiagnostics, research methodology
 - hd)* psychotherapy: propedeutical phase, person-centred methods
 - he)* cognitive behaviour therapy
 - hf)* evidence based health psychological and psychotherapeutic methods

2. CLINICAL AND MENTAL HEALTH CHILD AND ADOLESCENT PSYCHOLOGY

2.3. Study programme: a 48-months clinical study, includes:

- a)* on-site clinical child psychodiagnostic practice
- b)* clinical psychological supervision
- c)* basic-psychotherapeutic practice
- d)* on-site patopsychology practice in a children's psychiatric hospital
- e)* clinical psychological practice of psychology applied in fields of child medicine
- f)* child-psychotherapeutic supervision
- g)* six semesters of theoretical training on given subjects:
 - ga)* health promotion, health damaging behaviour, stress theories
 - gb)* introduction to psychopathology, patopsychology and neurology
 - gc)* clinical child psychodiagnostics
 - gd)* psychotherapy: propedeutical phase, person-centred methods
 - ge)* cognitive behaviour therapy
 - gf)* evidence based health psychological and psychotherapeutic methods in childhood and youth

3. NEUROPSYCHOLOGICAL CLINICAL PSYCHOLOGY

3.3. Study programme: a 48-months clinical study, includes:

- a) On-site patopsychology practice in a psychiatric hospital
- b) On-site clinical psychodiagnostic practice
- c) Basic-psychotherapeutic practice
- d) Clinical psychological supervision
- e) On-site neuropsychological clinical practice at given training institutes
- f) six semesters of theoretical training on given subjects:
 - fa) Introduction to psychopathology, patopsychology and neurology
 - fb) Clinical psychodiagnostics, research methodology
 - fc) Psychotherapy, propedeutical phase
 - fd) Neuro psychological examination methods
 - fe) Neuro psychological function analysis
 - ff) Developmental neuropsychology
 - fg) Neuro psychological therapy

4. APPLIED HEALTH PSYCHOLOGICAL CLINICAL PSYCHOLOGY

4.3. Study programme: a 36-months clinical study, includes:

- a) clinical practices:
 - aa) general practice
 - ab) conservative therapy practice (general internal medicine, obstetrics and gynaecology, paediatrics, dermatology)
 - ac) surgical és intensive therapy practice (surgery, rheumatology, traumatology, oncology, intensive therapy, transplant surgery)
 - ad) rehabilitation practice (cardiovascular, respiratory, oncological, locomotor rehabilitation, geriatrics)
 - ae) in the field of imprisonment
 - af) skills development training methods
- b) compulsory programmes:
 - ba) Trends and models of medical and health psychology
 - bb) Clinical health psychology
 - bc) Stress theories, psychoneuroimmunology
 - bd) Introduction to clinical medicine
 - be) Cognitive processes and health, cognitive behaviour therapy
 - bf) Psychosomatics
 - bg) Psychology of non-medical symptoms
 - bh) Theory of health development, prevention methods
 - bi) Health psychology in communities, workplaces and schools, includes: skills development training methods
 - bj) Public health
 - bk) Ethics
 - bl) Psychometrics and research methodology
 - bm) Health sociology
 - bn) Environment psychology and health behaviour
 - bo) Consultation-liaison psychiatry